

**BRAIN SYSTEMS: STRESS TRIGGERS AND RECOVERY TOOLKITS**    Your Child

<b>STRESS TRIGGERS</b>	<b>RECOVERY TOOLKITS</b>	
<b>Body (Regulation)</b> • • • • • • • • •	<b>Regulation (Body)</b> SELF • • • • • • •	WITH OTHER • • • • • • •
<b>Sensations (Sensory)</b> • • • • • • • •	<b>Sensations (Sensory)</b> SELF • • • • • • •	WITH OTHER • • • • • • •

<b>STRESS TRIGGERS</b>	<b>RECOVERY TOOLKITS</b>	
<b>Feelings (Relevance)</b> • • • • • • • • • •	<b>Feelings (Relevance)</b> SELF • • • • • • • •	WITH OTHER • • • • • • •
<b>Thoughts/Planning (Executive)</b> • • • • • • • • •	<b>Thoughts/Planning (Executive)</b> SELF • • • • • • • •	WITH OTHER • • • • • • •

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